

Sisters for Survival

by Nora Ready

Many women in the disarmament movement feel that "taking toys from the boys" requires creative and innovative action. They don't distribute petitions or have panel discussions or leaflet, instead they choose to tackle disarmament unconventionally.

The June 12th rally in New York was a meeting place for many women peace groups. An article in the October *Arts in America*, "Art for the Freeze", commented on some of these groups. One of the most dramatic groups was Helene Aylon's "Women's Survive and Continue Caravan." It left San Francisco on May 2 gathering earth and performing various rituals at 12 Strategic Air Command bases. The earth was placed in pillow case donated by "people whose sleep does not come as easily these days."

Another California based group at the rally was "Sisters for Sur-

vival". These women came dressed as brightly coloured nuns dancing a "twist for life".

On the more practical side, Elizabeth Murray, a woman in New York, mobilized other artists, a group not often seen as active in the disarmament movement, to form a committee known as "Artists against Nuclear Arms". This group raised \$24,000 for a full page ad, signed by 700 artists, in the Sunday NEW YORK TIMES.

Not only in the U.S. are women using their creative energies for disarmament. In Britain the peace camps outside air bases are continuing. At Greenham Common, Berkshire, women have been camping out since last September. They are determined to stop the cruise missiles being sited there in 1983.

Three Canadian women from Nelson, B.C. created their own peace caravan, their destination is Cold Lake, Alberta — the proposed site for the cruise in Canada.

Why do women give up jobs, leave the comforts of home and risk their security in order take these actions?

As one woman stated in June '82 **Spare Rib**, "I realize now that the existence of nuclear weapons is directly related to the oppression of women in Western and Eastern societies. The arms race and power bloc politics are the results of violence, aggression and competitiveness which society instills into small boys and men. The nuclear holocaust can only be averted by making men abandon their aggressive posturings...we must initiate imaginative and effective political action."

The military mentality is linked to male chauvinism. Many women see this link and instead of using male means to fight it, are creating their own means. Whether it's peace camps, caravans or protest dance, these hopeful disarmament actions emphasize women's commitment to the continuance of life on earth.



ANDREW WARD (REPORT)

Feature this week:
Morgentaler and the Abortion Issue

Victoria Sexual Assault Centres

by Barb Grantham

Every Wednesday evening, rape victims arrive at the Sexual Assault Centre in downtown Victoria in search of emotional support, information exchange and, when appropriate, referral to more intensive counselling resources.

Carol Savage, project coordinator at the Centre, explained that it has sometimes been months or years since women have talked about their experience of being sexually assaulted. The experience generates incredible rage; and there are few places and opportunities for women to express this rage. The weekly drop-in (Wednesday, 7 p.m. and on) is only one of the services the new Sexual Assault Centre is now offering to women in Victoria.

The Centre provides non-crisis services such as consultation with community organizations, educational programs (films, booklets and discussions), individual counselling by appointment, third party reporting to appropriate officials and provision of information services. Savage explained that the Centre receives referrals from the Victoria area police and hospitals who are "aware of the need for a place to support women through that kind of experience."

The Centre's 24-hour crisis line will begin operation this week. Volunteers from the old Rape

Relief Centre are covering the interim as the training of new volunteers, scheduled to begin on the phone lines December 15th, takes place. "The quality of women is quite impressive" said Savage, describing the first group of twenty-two volunteers that began training two weeks ago. No formal training or experience is required. All the women are concerned about the problem of sexual assault and feel there should be a service available to its victims.

Dr. Sara David, a psychologist, and Susan Noonan, a B.S.W. graduate from UVic, will be training volunteers. Training will include information about sexual assault itself, the legal processes and medical procedures as well as extensive discussion of how to be helpful and effective for women who come for counselling.

The program also shows volunteers how to deal with stress and anger created by counselling sexual assault victims. As Savage explains, "Our feeling is that this work can be more intense and prone to 'burnout' faster than other volunteer situations."

A second training program will begin in January, and there are still spaces open for those wishing to become a volunteer.

The Centre's board and staff feel strongly that the 24-hour crisis line is not enough, and that the Centre must provide long-term support and therapy. "There is not enough recognition of the long-term pro-

blems — going to court is not the end of it," says Savage, so training to work with the long-term fallout will continue after the "formal" training sessions are over.

All volunteers are expected to staff the crisis line once every one or two weeks for a six-month period and follow through all calls according to the choices the sexual assault victim makes. This may include counselling, listening, accompaniment to hospital or police interviews, aiding with police reports and generally taking the victim to a point of a long-term resolution.

The provincial government funds the centre and sets out the requirements for the Centre to fulfill. In turn, the Centre will provide the government with statistics on calls received and services offered by the Centre, although there will be no government access to personal files. The information will be only numbers, in order to maintain confidentiality and anonymity of victims.

The Centre is pleased with the positive response received from the community and with "the overwhelming response" from people wanting to volunteer or help the Centre in some way, says Savage.

Anyone interested in becoming a volunteer or offering other support can contact the Sexual Assault Centre at 383-5545 (business). The 24-hour crisis number for sexual assault victims is 383-3232.

Wen-do: Self Defense for Women

by Lesley Bullard

Wen-do develops physical techniques to maximize women's strength and to minimize their weaknesses, providing basic methods for defense against the most common types of attacks that women encounter. Discussions on awareness and avoidance of attacks, women and the law, emergencies, rape, aggression and verbal self defense are all included in the basic Wen-do Program, a two day workshop consisting of twelve to fifteen hours of instruction, workshops and discussion.

Some of the many techniques learned are: the snap kick, Wen-do fist punches, wrist and hand-shake releases, purse snatches, walking trip, amateur knife attack, amateur front and back choke variations and the peace position. Wen-do takes on a positive approach, combining theory with physical work. It emphasizes that women do not have to be the victims of attackers. Participants also share experiences, ideas and fears.

Attack involves violent people vs. non-violent people and large people vs. small people; not necessarily male vs. female. Each attack is different, so Wen-do teaches women to act as soon as they realize it is an attack. It also teaches women to recognize their line of justice; the point at which they stop feeling comfortable with the immediate nearness (proximity) of another person.

Instructors of Wen-do acknowledge that a woman may not have as much physical strength as her opponent but she can develop more ki: a potentially powerful combination of will and physical strength, and survive through this combination.

The ki is one's source of strength, derived from the solar plexus: a network of nerve tissue and fibers at the back of the stomach. Kiwi refers to the yell emitted during a snap kick or another form of counterattack.

Your body is your best weapon, since it can not be taken from you and used against you, like a knife could. You can recreate the element of surprise even if you have lost it initially, by changing your movements immediately.

A woman must use her whole body and mind in Wen-do. It is essential that she put everything into her self defense, since techniques will not work by themselves. In a real emergency, if she can not run, she should hit first with all her strength. She should not hit unless she is prepared to use all her strength and ki. Once she has started fighting, a woman should not stop until the confrontation is over.

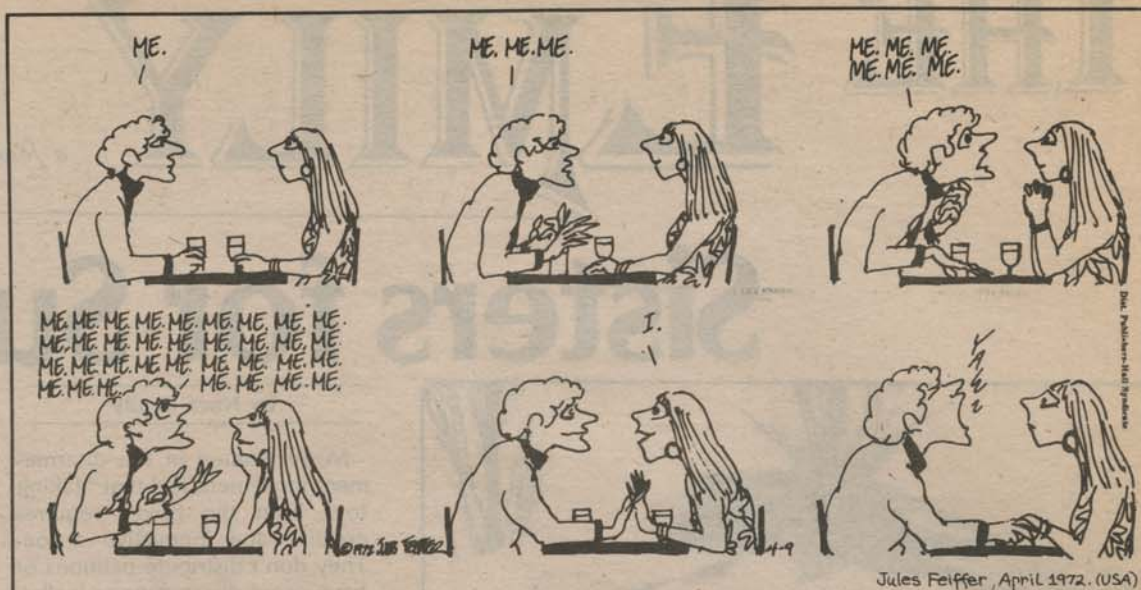
The object of Wen-do is **Be Here Now**. Do something **NOW**; make decisions on what is happening **NOW**.

Surprise, circularity, smoothness and self-trust are the four most important elements to remember in Wen-do. Remember: it is not necessary to be complex in order to be effective.

UVIC's Women's Centre Collective is sponsoring a Wen-do workshop taught by Gaye Ferguson for women on November 27 and 28 from 10 a.m. to 5 p.m. The cost is \$15 and enrollment is limited to twenty. Pre-registration at the Women's Centre is necessary. The workshop will be held in the SUB East West lounge. Women are asked to wear loose, comfortable clothing and to bring a firm cushion which will be used to punch and kick as well as to sit on.

What is radical feminism

—by Erin Mullan



For further information, contact the Birth Control Clinic at 385-3351.

bank of women's studies researchers. Even the mass media has decided, finally to get involved. Media reports on issues and events particularly affecting the lives of women are also part of women's studies. If you stop and think about it, women's studies is everywhere.

Morgentaler and the Abortion Issue

by Cheryl Howrigan

Unless the Minister of Health intervenes, come February, no more abortions will be performed in Victoria. The Jubilee Hospital obstetrics ward will be taken over by Victoria General. Victoria General had its Therapeutic Abortion Committee (TAC) disbanded by last winter's newly elected anti-choice board. For this reason, the local chapter of the Canadian Abortion Rights League (CARAL) has renewed its efforts to establish an abortion clinic in Victoria.

Dr. Henry Morgentaler, the renowned champion of abortion rights, appeared in Victoria last month to promote free-standing clinics and advise CARAL members on the practical aspects involved. At the public meeting, \$1150 was collected. Since then, energies have been focused on completing a proposal that can be presented to community organizations.

"So far," CARAL spokesperson Jennifer Lowen said, "the idea has claimed wide-scale support, particularly from medical staff who are frustrated by the present set-up."

The clinic proposed would combine contraceptive and abortion services. At the municipal elections last Saturday, pro-choice advocates presented petitions requesting the intervention of Health Minister, Jim Nielsen.

Free-standing clinics (independent of the hospitals), are common to many countries, but there is only one clinic in operation in Canada. The existing facility was opened three years ago in Montreal, by Dr. Morgentaler. He is currently involved in the opening of a Toronto clinic.

Morgentaler made national headlines in 1968 when he was charged with committing illegal abortions. Tried by jury on three separate occasions, he was acquitted in each case. In a case unprecedented in Canadian jurisprudence, the jury verdict was overturned by a Court of Appeal.

As Morgentaler pointed out in his public lecture, he was "the only Canadian citizen to serve a jail term at the same time as being proven innocent." However, his first concern is with a greater abrogation, "the freedom of women, for the protection of their health... and their mental rights."

He questions the true interests of the pro-lifers, "who haven't voiced concern over issues of capital punishment, genocide, or the quality of life of both the women and the child... Children should be born at a time when they are wanted and can be cared for, in an environment in which they can be loved." Another CARAL



spokesperson, Maxine Boag, points out "the anti-abortionists won't go away... they won't stop until safe abortion on demand is gone."

In a 1982 Gallup poll, 72 per cent of Canadians agreed that abortion was a matter of responsibility for the woman involved... If this consensus is a valid indication, why is that only half of Canadian hospitals have the TAC board required? And why is it that only half of those hardly function at all? As Morgentaler asserts, "the availability of abortion is often an illusory right. In reality, many areas of the country don't provide the service at all."

Prior to 1969, doctors were prohibited from providing contraceptives.

Prior to 1968, abortions in Canada were completely illegal, unless coming to term would cause the death of the woman. Moreover, Morgentaler stresses, abortions were not invented in 1968. The choices for desperate women included "backstreet abortionists, quacks, self-abortioning, or, putting the child up for adoption." Many of these children, the ones who are not white, healthy and of acceptable parentage, "were cared for in institutions, by shifts of people." Impersonal care results in enormous frustrations, psychotic or neurotic tendencies, and often juvenile delinquency.

In 1977, the law was amended to its present state: abortion is legal if it is granted by a board of three physicians, none of whom may perform the operation. Unfortunately, many hospitals are not large enough to carry this staff requirement. Furthermore, whether or not to have a TAC board is a decision in the hands of each hospital, regardless of the needs of the community.

In the Maritimes, only Nova Scotia, has a hospital that will consider the operation. New Brunswick did have one hospital, but its board was recently disbanded because of anti-choice lobbying.

Morgentaler is vehemently critical of the Canadian situation: "even in Ontario, the availability is limited. Because of delay and red tape, women are often beyond eleven weeks — at which point they are either denied, or have to wait until they are in the second trimester; at sixteen weeks... After India, Canada does the most trimester abortions. For every week that passes, the risk is five to ten times greater."

In addition, as B.C. and Saskatchewan are discovering, "hospitals are vulnerable to the packing of elections by well-organized, fanatical, and vociferous anti-abortionists."

Dr. Morgentaler holds the federal government responsible for the current confusion, and single-interest hospital lobbying. "Monique Begin, Minister of Health, has done nothing since her installment to promote family planning or abortion... The provinces claim this is a federal matter, (falling into the criminal code). The feds say that health is a provincial matter."

In the meantime, he has chosen to operate "outside the law". His private clinic, provides abortions for women coming from six provinces, and sometimes further.

What are the advantages of a free-standing clinic?

— There is a specialization which reduces the delays, which in turn simplifies the procedure.

— Local anaesthetic, as opposed to general, is used, therefore lessening the danger and the expense.

— The clinic provides counselling before and after the operation, birth control advising being part of the process. In fact, they will even insert IUD's at the same time, if desired.

— The mortality rate is substantially lower, although part of this is offset due to the more complicated cases hospitals accept.

Morgentaler's Toronto clinic is set to open within a few weeks, which should evoke strong reactions.

He expects to avoid prosecution for two reasons: it is unlikely that he will be tried on a charge that has repeatedly been acquitted; in fact the Justice Minister has publicly announced that no doctor will be tried for performing abortions. Secondly, his defence is "the defense of necessity", which can be used when proving that the physician was working to prevent a greater evil.

A Victoria doctor, Mary Conley, has been to the Montreal clinic and is one of those working towards the establishment of a clinic in Victoria. Such a facility would set a precedent in B.C., furthering the potential for other clinics, particularly in areas that have no existing services.

A Feminist Christmas Shopping List

compiled by margot harrison with help from
everywoman's books & friends



Non Fiction

Tracks - Robin Davidson
Anais Nins Diary vol 3,4,5
The Dinner Party - Judy Chicago
Sandino's Daughters - Margaret Randall
Anger - May Sarton
Writings on Writing - May Sarton
A Harvest Yet To Reap - edited by Savage
Living my Life - Emma Goldman
Gynecology: The Metaethics of Radical Feminism - Mary Daly

Health Books

How To Stay Out of the Gynecologist's Office - By The Federation of Feminist Women's Health Centers
A New View Of A Women's Body - Suzanne Gage

Fiction

Moons of Jupiter - Alice Munro
Housekeeping - Marilynne Robinson
Bodily Harm - Margaret Atwood

Poetry

T.E. Laurence Poems - Jane MacPherson
Evening Dance of the Grey Flies - P.K. Page
A Book of Women Poets From Antiquity To Now
Giving Back Diamonds - Marilyn Bowering

Lighthearted Books

(who says feminists don't have a sense of humour!)
I'm In Training To Be Tall And Blond - Nicole Hollander
Ma Can I Be A Feminist And Still Like Men? - Nicole Hollander

Calenders

Dreaming of Herself: As Women See Women
Women's Work
Heroines

Magazine Subscriptions

Atlantis
Room of One's Own
Fireweed
Kinesis

Records by Feminists

Holly Near
Chris Williamson
Ferron
Connie Kalder
Meg Christiansen
Joan Armatrading
Lene Lovitch
Nina Hagen
Patti Smith
Crass

Other Gift Ideas

A Women's Notebook (A Blank Book With Quotes By Women)
Everywoman's Almanac 1983
Everywoman's Bookstore also has Gift Certificates

Looking Glass



by Brenda and Sadie

We are two women who spend a great deal of time reflecting on what we see, hear, and read. In the process, we share our experience and insight and introduce LOOKING GLASS, a random perspective on female experience.

There is much talk about the limitation and oppression of women in our culture. In this column, we intend to take a different viewpoint. Our purpose is to celebrate gynergy, woman energy; feminism, that is, in the most inclusive sense.

The media has shaped the female image on behalf of women for too long. Our focus will be on women who speak for themselves...

Nina Hagen at the Commodore in Vancouver



The one thousand people who came to hear Nina Hagen last week were treated to an incomparable experience. Punk in every variant from monk to high-tech exotic was the visual order of the

evening. The concert began heavily laced with bored paranoia as everyone prowled to the arty but somewhat predictable sound of Vancouver's own BRAINEATERS.

But the nature of Nina Hagen as a performer is to transform...and transform she did. Born in East Germany, she moved to West Germany in 1976. Now she lives in the U.S., and has recorded two albums with the Nina Hagen Band. Their newest release, mostly in English, is called NUNSEXMONK ROCK.

Present, personal, intimate and utterly powerful, Nina is a rare being, uncompromisingly herself on stage. Her voice, controlled and opera trained, has great range. She has theatrical elegance in every gesture.

Singing about her baby daughter, "Cosma Shiva", the Virgin Mary, Jesus, U.F.O.'s, world politics, the nature of spirit, and the perils of heroin, her music is flexible and eclectic. Vocally, everything she touches is transmuted by her unique brilliant style into something far larger than rock and roll. Nina Hagen is the consummate expression of transcendent womanhood; an intensely female celebration.



"There is something contagious about demanding freedom"

Robin Morgan

...so catch the fever; write for The Emily.

We need contributors for the January issue

Bring your short stories and poetry to the Women's Center, SUB room 106

If you are interested in writing, editing, or layout, drop in.

The Emily Quote:

...true emancipation begins neither at the polls nor in courts. It begins in woman's soul.

Emma Goldman (1869-1940)

"The Tragedy of Woman's Emancipation," Anarchism and Other Essays 1911

The Emily is published by the Women's Collective of the University of Victoria. opinions expressed in these pages are the sole responsibility of THE EMILY and do not necessarily reflect the views of the Alma Mater Society, University of Victoria or...THE MARTLET.

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cathie archbould, lesley bullard, jeanette campbell, kathy chan, megan davies, barb grantham, margot harrison, ron hawker, cheryl howrigan, deirdre loughran, olive mann, erin mullan, lynn obriain, warren obriain, brenda percy, nora ready, ellen saenger, karen truscott, patricia tsurumi, jacqueline verkley thanks to Colette for the beer!



Calynder

saturday nov. 27

sunday nov. 28

Wen-do Workshop

- sponsored by the UVic Women's Centre Collective
- discover your own strength
- fee is \$15.00 for the weekend
- register at Women's Centre SUB 106
- for more info call 721-8353

saturday nov. 27

Workshop on Women writing

- sponsored by Women in Focus and the Radical Reviewer
- for more info call Vancouver 684-2454

tuesday nov. 30

Not a Love Story

- a film about pornography
- sponsored by UVic Women's Centre Collective
- film showing at SUB Theatre, 12:30 p.m. - 2:30 p.m.
- discussion panel to follow film
- for more info call 721-8353

friday dec. 3, 1982

Judy Chicago's Dinner Party

- held at Calgary's Glenbow museum
- for info call Calgary 237-8830 ext. 237

monday dec. 6

Maureen McTeer Luncheon

- Topic: Women and High Technology
- held at the Empress Ballroom, 12:00 noon
- sponsored by The Victoria Women's Network, National Association of Women and The Law and others.
- for more info call 384-7825

wednesday dec. 8

Grand Opening Benefit for the Women's Sexual Assault Centre

- performance by Carol Street
- sponsored by the Women's Coffee House
- held at 1923 Fernwood Road, 9:00 p.m. - 1:00 a.m.
- women and children welcome
- admission \$2.50

sunday dec. 12

An Old Fashioned Christmas

- sponsored by Self-Heal herbal centre
- capture the charm and tradition of Christmas this year with gifts you can make yourself from the treasures of nature.
- for more info call 383-1913

every wednesday night

A Woman's Coffee House

- held at 1923 Fernwood Road, 9:00 p.m. - 1:00 a.m.
- sponsored by Fernwood women — a member of the Fernwood community centre.
- live music, dancing, coffee, herbal teas, juices and great desserts.
- all women and children welcome.



Unhappy with grades?

Frustrated with bureaucracy?

Being treated unfairly?

Problems with Financial Aid?

Don't Give Up!

see the

OMBUDSPERSON

Peter Holmes

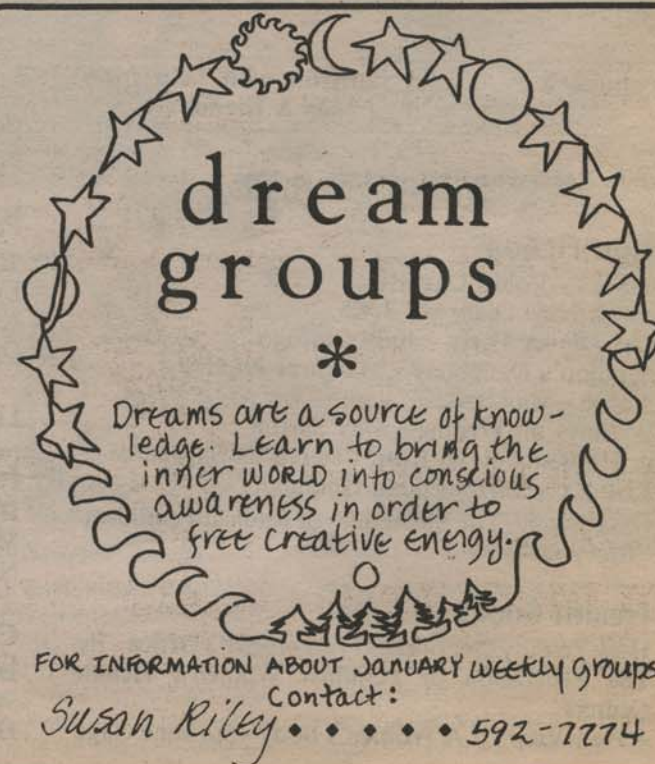
SUB 133 721-8357

Alice Ages

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Dreams are a source of knowledge. Learn to bring the inner world into conscious awareness in order to free creative energy.

FOR INFORMATION ABOUT JANUARY WEEKLY GROUPS

Contact: Susan Riley • • • • • 592-7774